

Member Appreciation Week

Monday, December 9 - Sunday, December 15

Enjoy some extra attention, giveaways, and exciting experiences created just for you! Plus, bring a friend for free all week long.*

MONDAY, DECEMBER 9

9:00am - 11:00am
Blood Pressure Checks & Bananas | Lobby

10:30pm - 11:30am
STRONG by Zumba® | Studio 2

12:00pm - 12:30pm | 6:30pm - 7:00pm
Rock the Bells | Fitness Floor

5:00pm - 7:00pm
Chair Massages | Fitness Floor

TUESDAY, DECEMBER 10

9:45am - 10:45am
Holiday Hustle Dance Party | Studio 1

10:15am - 10:45am
Holiday Hula Hoop | Studio 2

5:00pm - 7:00pm
Holiday Bazaar | Lobby

6:15pm - 7:15pm
Holiday Dance Zumba® | Studio 1

WEDNESDAY, DECEMBER 11

10:00am - 12:00pm
Tropical Pool Party | Aquatics Center

11:30am - 12:00pm
Intro to Body Pump | Studio 1

5:00pm - 5:45pm | 6:00pm - 6:45pm
Pilates Happy Hour | Reformer Studio A
Space is limited. Reserve your spot by emailing:
joanc@fitnessandwellness.org

THURSDAY, DECEMBER 12

9:30am - 10:45am
Full Moon Yoga | Studio 3

10:35am - 11:20am
Boogietone Dance | Studio 2

FRIDAY, DECEMBER 13

9:30am - 11:00am
Holiday Sweater Get Together | Lobby

5:30pm - 8:30pm
Drop 'N' Shop | Childcare
Let your children have fun in the Center while you holiday shop or indulge in a little self-time. See Childcare for more information. Children must be potty-trained

SATURDAY, DECEMBER 14

9:00am - 11:00am
Breakfast with Santa | Lobby

10:10am - 11:10am
Holiday Cycle Ride | Cycle Studio

11:00am - 11:30am
Ho-Ho-Ho Laughter Yoga | Studio 2

SUNDAY, DECEMBER 15

3:00pm - 5:00pm
Holiday Family Swim | Aquatics Center

Keep your eyes open for pop up surprises throughout the week to further show our appreciation.



Princeton Fitness & Wellness
An Affiliate of Princeton Medical Center

*Must be 18 years or older. Must show ID. Must fill out waiver and have blood pressure taken. Some restrictions apply.

23471677_1119